

November is Diabetes Awareness Month

Just like a botched tattoo, somethings you can't **UNDO**, but what you **CAN UNDO** is your risk for Diabetes. 1 in 3 people have prediabetes; and 9 out 10 don't know it!

Before people develop type 2 diabetes, they almost always have "prediabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. This condition will have no symptoms; however, it puts you at a higher risk for developing type 2 diabetes and cardiovascular disease. To see if you are 1 out of the 3 people with prediabetes take the Prediabetes Risk Test at www.undootherisk.com.



For more information or resources on Prediabetes or Diabetes, contact Kayla Magee, Diabetes Program Coordinator at kayla.magee@state.sd.us.

**Good
& HEALTHY**
SOUTH DAKOTA